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## ABSTRACT

A shock and vibration absorption system and method include a first support device, a second support device, and one or more elastic members arranged within one or more cavities formed between the first support device and the second support device. External shock or vibration cause the first support device and the second support device to adjust relative to each other, thereby compressing the elastic members. Compression of the elastic members attenuates the shock and vibration. The system may be used in a wide variety of applications, either alone or in combination with track systems, positioning systems or other shock and vibration absorption mechanisms and methods.

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